Hello Friends! As we navigate through these difficult times, stories of hope, kindness and the work of the many hero first responders and healthcare workers continue to inspire us. I think you will agree the Covid-19 pandemic is something beyond our wildest dreams and being prepared for a crisis like this one has many challenges. The staff as well as volunteers have risen to the challenge. We have many ‘heroes’ helping us every day. Delivering meals on wheels and grab and go meals to those in need is a top priority and staff has stepped up to organize and expedite the process.

The self distancing and home quarantine status is another concern. Many of our folks live alone and the day to day can become very lonely. The Senior Center recruited a team of volunteers to reach out with weekly "friendly visitor" phone calls. Volunteers are working with a list of upwards of 300 clients. The results of this effort is quite impressive. Many new friendships are being formed and stories being shared. It is definitely the most positive thing that has come out of this very difficult time. So with that we thank OUR HEROES! We, like you, are patiently waiting to begin the process of opening up the center. When that will be, has to be left up to the experts. Our hope is that by next month’s newsletter we will have positive information to share!

In the meantime... Keep strong, Be careful and Be safe!!

ARRIVEDERCI MARIA

After 18 years of service, as Nutrition Manager at the Center, Maria Bonesteel has decided to retire. This will come as sad news for those that she has served and taken care of all these years, especially now, since we can’t say good-bye the ‘normal way’ in person. As hard as it must be to leave a job that you love, Maria is moving on to an exciting new love and a new adventure!! We hope she takes with her the many memories made of all the good times with so many here at the Center. For anyone that is computer savvy, you can keep in touch with Maria on Facebook. We all wish her well and much happiness in her new life! Take care Maria and be safe! Ciao for now!
**WRITTEN BY DEE ABRAMS**

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**Weekly Classes**

**WATER FITNESS ~ MON | 1:00PM**
Water exercise, the most therapeutic activities one can take part in. Water aerobics provide a resistance training workout while not stressing your joints. Class is held at Candlewood Suites located at Rte. 75 Windsor Locks. $20 per month *

**ACTIVE EXERCISE TUE & THUR | 8:30AM**
Move to the music as our fitness instructor Dee Abrams guides you through an aerobic workout geared to the older active adult. $32 per month *

**ZUMBA GOLD ~ TUES | 12:00PM**
Combination dance workout with a party atmosphere! Zumba Gold builds cardiovascular health/muscle strength. $20 per month *

**TAI CHI ~ WED | 9:00 AM**
A healing martial art, combines soft, flowing movements with Qi circulation, breathing, and stretching techniques. $20 per month *

**CHAIR AEROBICS ~ THUR | 11:00AM**
Aerobic workout designed to elevate your heart rate and improve body strength. $20 per month *

**CHAIR YOGA ~ THUR | 9:30AM**
Excellent way to loosen, stretch, reduce stress and improve circulation, strength and balance. Fee: $20 per month *

*class may be free based on ins. coverage.

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**FOOT CARE CLINIC**

**CANCELLED UNTIL FURTHER NOTICE**

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**LOCKS FITNESS CENTER**

The L.O.C.K.S. Fitness Center is available to Seniors 55 & older. It provides you access to the most commonly used fitness equipment. Equipment includes elliptical machines, treadmills, recumbent bikes, and hydraulic resistance training machines. L.O.C.K.S. Fitness Center certified personal trainer Dee Abrams will orientate you to all of the equipment & answer your fitness questions.

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**FOOD SHARE ~ ST ROBERT’S CHURCH**

52 SOUTH ELM STREET
Fridays ~ 9:00-9:30AM

May 1, 15, 29 June 12, 26 July 10, 24 August 7, 21 September 4, 18 October 2, 16, 30 November 13 & Dec 11

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**STAYING ACTIVE WHILE “SELF DISTANCING”**

ARE YOU INTERESTED IN A “ZOOM” WORK OUT WITH SENIOR CENTER FITNESS INSTRUCTOR DEE ABRAMS?

CALL THE CENTER TO LEARN MORE !!

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**THE LATEST AND ACCURATE INFORMATION ON THE COVID-19 VIRUS CAN BE FOUND AT THE FOLLOWING:**

- CDC WEBSITE: www.cdc.gov
- CALL THE CT INFO LINE: # 211
- CALL THE SENIOR CENTER AT 860-627-1425 AND WE WILL PROVIDE ASSISTANCE

BE SMART * BE SAFE * KEEP THE FAITH

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**LET OUR CENTER KEEP SENIORS...FIT!”**

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**TRAVEL & RESOURCES**

**PLEASE NOTE DUE TO COVID-19 VIRUS, SOME TRIPS MAY BE RESCHEDULED OR CANCELLED MORE INFO TO FOLLOW**

**CLASSICAL CAPE COD | APR 21 | $121 | NEW DATE SEPTEMBER**

**HARTFORD YARD GOATS | MAY 20 | $88 POSTPONED**

**AMERICA 400 | JUN 18 | $143 | POSTPONED**

**GLOUSTER LOBSTER CRUISE | AUG 4 | $138**

**REFLECTIONS OF ITALY | NOV 4-13 | $3,729 DBL**

**THE 1000 ISLANDS | AUG 25-27 | $630PP DBL**

**NEW YORK CITY CHOCOLATE TOUR | NOV 2 | $120**

**WINTER WONDERLAND IN NEWPORT | DEC 2 | $133**

**AUTUMN RAILWAY - BERKSHIRES | OCT 25 | $119**

**TURN BACK THE HANDS OF TIME | JUN 3 | $146**

**QUEEN ESTHER AT SIGHT & SOUND THEATRE LANCASTER’ | OCT 7TH* 2020 | 3DAY 2NIGHT $565DBL**

**USEFUL LINKS**

Social Security: www.ssa.gov

Asnuntuck Community College [https://asnuntuck.edu/](https://asnuntuck.edu/) (free courses for seniors)

CT State Department of Aging & Disability Services [https://portal.ct.gov/AgingandDisability/Content-Pages/Main/About-Us](https://portal.ct.gov/AgingandDisability/Content-Pages/Main/About-Us)


MORE LINKS CAN BE FOUND ON THE TOWN WEBSITE: www.windsorlocksct.org

**BOARD OF SELECTMAN MEETINGS**

Information on all town Boards and Commission meeting time dates and instructions on how to participates, please go to the town website: www.windsorlocksct.org

Board of Selectman regular meetings are held on the First and Third Tuesday of each Month at 6:00 p.m.

Minutes and audio will be posted on town website within seven days after meeting takes place

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**MUNICIPAL AGENT NOTES BY JOHN SULLIVAN**

**Coffee May Help You Live Longer**

According to scientists at California’s Stanford University School of Medicine the caffeine in coffee may help protect older people from inflammation. This is what ultimately causes many age-related diseases—such as diabetes, hypertension, joint problems, Alzheimer's and many types of cancer. In their study, the Stanford docs found that the more coffee the seniors drank, the more protection they received against chronic inflammation. Their findings were published in the January issue of Nature Medicine. Mark Davis, a professor of microbiology at Stanford—and his colleagues—looked at blood samples from two groups, healthy people between 20 and 30 years old, and a second group 60 and older. With the older group, two clusters of genes related to inflammation were more active—making the seniors more vulnerable to diseases. Caffeine, however, interfered with the way these genes trigger inflammation—and the more caffeine consumed the better. Five-cup drinkers, more than enough for most, had extremely low levels of gene activity. The researchers also found that this inflammatory process is implicated in coronary disease and increased rates of mortality overall. A final word of caution: Turning off inflammation completely isn't advisable either; it’s been found that this process helps the immune system fight infections.

Best Regards,

John

John’s Tip of the Month

If you use eye drops—like I do—and you have trouble hitting the “target”, here’s how to score a “direct hit” every time (1) With your head back and one eye closed, gently touch it with the eye dropper (2) Lift the dropper slightly, open your eye and squeeze out a drop (3) Repeat to your other eye.

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**HAPPY MAY BIRTHDAYS!**

**Happy 90th Birthday**

Louise Leblanc 5/5/30

Enjoy your day Louise!!

If you have an upcoming 80, 90, or 100th birthday and would like to have it announced in our newsletter please call us one month prior and we will be happy to share your big day!
IN HONOR OF MEMORIAL DAY
A THANK YOU TO SOME OF OUR VETERANS

THANK YOU!
Dear Friends of the Senior Center and Windsor Locks Community,

With my thoughts and prayers I have for all of you also comes my many thanks to all in Windsor Locks for helping to keep our small town in touch with one another. Whether it be through meals, phone calls, shopping, medical help and supplies the list goes on and on. Did we ever imagine a crisis like this here in America? Monsignor O’Grady told me this germ is so tiny it can hardly be seen and yet look at the devastation it is causing. He also told me to pray. Hoping God will hear us and answer our prayers. Mother’s Day is May 10th this year. Are we still not being able to go out and socialize as in the past? All those that still have their Mom, please continue to take care of her and give her all the love and attention she deserves at this time. I only have one little story to tell about the old days with my Mom. How many woman today darn their family socks? An article I was reading recently reminded me when I was a girl how my mom darned our socks. She put a light bulb in the sock, with a threaded needle woven the hole in and out, up and under till the hole was covered in, very neat and strong. Believe me it was a time consuming job but she never complained. The funny thing is 63 years ago this month when I married Phil I also did the same chore. That didn't last long. I had a busier life than Mom, so out went the light bulb and in came new socks when needed. Happy Mother’s Day to all my dear seniors at the Center and all our dear ladies, young and old in our beautiful community of Windsor Locks Ct. I love you all.. Mary Ann Giannelli ♥

Please enjoy this recent newspaper article on one of the most beloved and long time volunteer at the Center...over 20 years of service to the seniors of Windsor Locks!!! Thank you Barb!!!